



Gift Yourself a Healthier You!

Don't wait until January to focus on your health!

Now is the time to make small changes to reap big rewards

Incorporate the tips below into your daily routine!



Make sleep a priority: Get 7-8 hours as a lack of sleep may lead to weight gain.

Stay active 3-5 days per week. Strapped for time? Even 10-15 minutes a few times per day has health benefits.

Control your stress: Elevated cortisol levels can cause weight, erectile dysfunction, and disrupt menstrual cycles. Try taking a few slow deep breaths for 5 minutes throughout the day to reduce stress.

Focus on your gut to help your immune system! Eat fruits, veggies, whole grains, and legumes (lentils, chickpeas, etc.).

Need additional tips? Email 689wellness@tehw.org